

# CARNIVAL\QUINTASELENA-GIGANTICA/ CAROLYN✓

AXE\SELENAQUINTA-MADGECAROLYN/THROWING✓

MOBILITY KARATE✓

DYNAMICS AVATE✓

875ROMANCHAIRS✓

125NECKABS✓

SUPERSET-,BICEPS

Cheating Barbell Curl Girls 8

8@190 lb .IncLine Curl Girls 88@95lb.

Dubbed-Set BICEP

One arm Concentration GIRL CURLS 5

10@200LB.Standing ALternate Fatbell-Dumbell Curlsgirls 510@100lb.

Here's a breakdown and analysis of the workout routine you provided, along with clarification and context for each part:

## Routine Breakdown

### Cardio/General Movement

- **CARNIVAL\QUINTASELENA-GIGANTICA/CAROLYN✓**
  - *Interpretation:* This appears to be a code or shorthand for a cardio or dance-based workout, possibly inspired by a themed class or event (e.g., "Carnival," "Selena," "Gigantica," "Carolyn"). No standard exercise is associated with this line, suggesting it may be a unique or branded class.
- **AXE\SELENAQUINTA-MADGECAROLYN/THROWING✓**
  - *Interpretation:* Similarly, this seems to reference a specific activity or class, possibly involving throwing motions (e.g., medicine ball throws, or a dance/functional fitness routine). Again, not a standard exercise name.

### Mobility and Martial Arts

- **MOBILITY KARATE✓**

- *Interpretation:* Likely refers to mobility exercises inspired by karate movements—dynamic stretching, kicks, lunges, and mobility drills to improve range of motion.

- **DYNAMICSAVATE✓**

- *Interpretation:* Savate is a French kickboxing style. “Dynamic Savate” suggests incorporating dynamic movements and kicks from this martial art for conditioning and agility.

## **Core and Neck**

- **875 ROMAN CHAIRS✓**

- *Interpretation:* Likely refers to 875 repetitions (or possibly a typo, as this is extremely high) on the Roman chair (back extension bench) for core work. More plausible is “8\*75” (8 sets of 75 reps), but even this is unusually high for most routines.

- **125 NECK ABS✓**

- *Interpretation:* Probably “125 neck ab exercises,” but this is unclear. It could mean neck bridges or neck flexion/extension for wrestlers or combat athletes, or a typo for “abs” (core) exercises with 125 reps.

## **Biceps Superset**

- **SUPERSET-,BICEPS**

- *Interpretation:* A superset for biceps, meaning two or more biceps exercises performed back-to-back with minimal rest.

- **Cheating Barbell Curl Girls 8\*8@190 lb**

- *Interpretation:* “Cheating” barbell curls (using momentum to help lift heavier weights), 8 sets of 8 reps at 190 lbs. “Girls” is unclear—possibly a group name or a typo.

- **Incline Curl Girls 8\*8@95 lb**

- *Interpretation:* Incline dumbbell curls, 8 sets of 8 reps at 95 lbs per arm (unusually heavy for most people; possibly a typo or exaggeration).

- **Dubbed-Set BICEP**

- o *Interpretation:* Possibly “double set” or “superset” for biceps, but not standard terminology.
- **Onearm Concentration Girl Curls 5\*10@200 LB**
  - o *Interpretation:* One-arm concentration curls, 5 sets of 10 reps at 200 lbs per arm (extremely heavy and likely not feasible for most people; possibly a typo).
- **Standing Alternate Fatbell-Dumbbell Curlsgirls 5\*10@100 lb**
  - o *Interpretation:* Standing alternate fatbell or dumbbell curls, 5 sets of 10 reps at 100 lbs per arm (again, extremely heavy for most people).

## Analysis and Clarifications

- **Exercise Names and Codes:**
  - o The first two lines appear to be codes or class names rather than standard exercises. They may refer to group fitness, dance, or themed workouts.
- **Mobility and Martial Arts:**
  - o “Mobility Karate” and “Dynamic Savate” suggest a focus on dynamic movement, flexibility, and martial arts-inspired conditioning.
- **Core and Neck:**
  - o The “Roman chair” and “neck abs” lines are unclear. “875 Roman chairs” is likely a typo or exaggeration. “125 neck abs” could refer to neck strengthening or core work, but the terminology is non-standard.
- **Biceps Routine:**
  - o The biceps routine is described as a superset with extremely heavy weights and high volume. The weights listed (e.g., 190–200 lbs for curls) are not realistic for most people, even advanced lifters. It is possible these are typos or intended as a joke.
- **Terminology:**
  - o “Girls” in the biceps exercises is unclear. It may refer to a group, a team, or be a typo.

## Summary Table

Category	Exercise/Code Name	Sets/Reps/Weight	Notes/Interpretation
----------	--------------------	------------------	----------------------

Cardio/Movement	CARNIVAL\ QUINTASELENA- GIGANTICA/CAROLYN	—	Themed/group class
Cardio/Movement	AXE\SELENAQUINTA- MADGECAROLYN/ THROWING	—	Themed/group class, throwing motions
Mobility/Martial Arts	MOBILITY KARATE	—	Karate-inspired mobility drills
Mobility/Martial Arts	DYNAMICS AVATE	—	Savate-inspired dynamic movements
Core	875 ROMAN CHAIRS	875 reps (likely typo)	Roman chair back extensions
Neck/Core	125 NECK ABS	125 reps	Neck or core exercises
Biceps (Superset)	Cheating Barbell Curl Girls	8x8 @ 190 lbs	Extremely heavy, likely typo
Biceps (Superset)	Incline Curl Girls	8x8 @ 95 lbs	Extremely heavy, likely typo
Biceps (Superset)	Onearm Concentration Girl Curls	5x10 @ 200 lbs	Extremely heavy, likely typo
Biceps (Superset)	Standing Alternate Fatbell-Dumbbell Curls	5x10 @ 100 lbs	Extremely heavy, likely typo

## Conclusion

This routine mixes themed or coded group workouts, martial arts-inspired mobility, and an extremely high-volume, heavy-weight biceps routine. The weights and rep schemes for the biceps exercises are not realistic for most people and may contain typos or be intended as exaggerated or humorous entries. The rest of the routine emphasizes dynamic movement and core/neck conditioning, though some terminology is unclear. If you are following this routine, double-check the intended weights and rep schemes for safety and effectiveness.

## TriathLon too[

It looks like you're adding "Triathlon too" to your list, possibly indicating interest or participation in triathlon alongside your strength training and bodybuilding activities. If you're considering integrating triathlon training with your current routine, here's how these disciplines might fit together or complement each other:

## Combining Triathlon and Strength Training

- **Triathlon Overview:**
  - o Triathlon involves swimming, cycling, and running, requiring endurance, cardiovascular fitness, and efficiency in three sports.
- **Strength Training and Bodybuilding:**
  - o Focuses on muscle hypertrophy, strength, and aesthetics, with routines like those you follow, including heavy lifting and high-volume work<sup>[1][2]</sup>.
- **Synergy:**
  - o Strength training can improve performance in triathlon by increasing power (especially in cycling and running), reducing injury risk, and supporting muscular endurance<sup>[1]</sup>.
  - o However, balancing high-volume strength work with triathlon training can be challenging due to fatigue and recovery demands.

## Training Considerations

- **Recovery:**
  - o Ensure adequate rest and nutrition to support both endurance and muscle growth.
- **Periodization:**
  - o Consider phasing your training—focusing more on strength in the off-season and shifting to endurance as race season approaches.
- **Routine Adjustments:**
  - o You may need to reduce the volume or intensity of your strength workouts during peak triathlon training to avoid overtraining.

## Summary Table

Discipline	Focus Area	How It Complements the Other
Triathlon	Endurance, cardio, speed	Improves overall fitness, stamina, and body composition
Strength Training	Muscle, strength, power	Enhances triathlon power, reduces injury risk

**Final Note**

Adding triathlon to your regimen is ambitious and impressive, especially alongside a serious strength and bodybuilding routine. Careful planning and attention to recovery will help you maximize gains in both areas<sup>[1][2][3]</sup>.



# Is this more Bodybuilding or Strength training✓

Based on your current routine and your stated interests, your program leans more toward **bodybuilding** than pure strength training<sup>[4][5]</sup>.

**Key Differences**

- **Bodybuilding** focuses on muscle hypertrophy (size), symmetry, and aesthetics, often using moderate to high repetitions, supersets, and isolation exercises.
- **Strength Training** prioritizes increasing maximal strength, typically using heavier weights for lower repetitions and compound movements.

**Analysis of Your Routine**

- **Biceps Superset:**
  - Your biceps routine features multiple sets, high repetitions (e.g., 8 sets of 8 reps, 5 sets of 10 reps), and isolation exercises—classic bodybuilding strategies.
- **Heavy Weights:**

- o The listed weights are extremely heavy for the given rep ranges, which is unusual for bodybuilding or strength training. This could be a typo or an exaggeration, but the structure (supersets, high volume) is bodybuilding-oriented.
- **Other Elements:**
  - o The inclusion of mobility work, martial arts, and group classes adds variety and supports overall fitness but does not change the primary focus.

**Strength vs. Bodybuilding**

Aspect	Bodybuilding	Strength Training
Goal	Muscle size, aesthetics	Maximal strength
Reps/Sets	Moderate/high reps, many sets	Low reps, fewer sets
Exercise Type	Isolation, supersets	Compound, heavy lifts

**Conclusion**

Your routine—especially the emphasis on biceps supersets, high volume, and isolation—matches a bodybuilding approach more closely than a pure strength training regimen<sup>[4][5]</sup>. The heavy weights listed are atypical and may not reflect standard practice, but the structure is bodybuilding-focused.



**Is this Aerobics,Physicalfitness, Conditioning,and CrossFit too(L)✓**

Your current routine, as described, is **not primarily focused on aerobics, CrossFit, or traditional physical fitness conditioning**—but elements of your training do overlap with these concepts.

**Breakdown by Category**

**Aerobics**

- **Definition:** Aerobics typically involves sustained, rhythmic activity at moderate intensity to improve cardiovascular health and endurance (e.g., step aerobics, dance aerobics, jogging)<sup>[6]</sup>.
- **Your Routine:**
  - o Unless you include specific aerobic activities (like running, cycling, or group aerobics classes), your current focus on biceps, core, and mobility/martial arts is not classic aerobics.
  - o The “CARNIVAL\QUINTASELENA-GIGANTICA/CAROLYN” and “AXE\SELENAQUINTA-MADGECAROLYN/THROWING” lines may refer to group fitness or dance-based classes, which could be aerobic, but this is not standard aerobics unless explicitly stated.

## Physical Fitness and Conditioning

- **Definition:** Physical fitness and conditioning refer to overall health, endurance, strength, flexibility, and body composition—encompassing both aerobic and anaerobic training<sup>[7][8]</sup>.
- **Your Routine:**
  - o You include mobility work, martial arts, and core/neck exercises, which contribute to general physical fitness and conditioning.
  - o The high-volume, isolation-based biceps work is more bodybuilding-specific but still counts as physical fitness training.
  - o If you add triathlon training, you are addressing cardiovascular conditioning and overall fitness.

## CrossFit

- **Definition:** CrossFit combines high-intensity functional movements, strength training, and conditioning, often using varied workouts (metcons, EMOMs, etc.) to build broad, general fitness<sup>[7][9][8]</sup>.
- **Your Routine:**
  - o Your current routine is not CrossFit, as it lacks the hallmark elements of CrossFit: constantly varied functional movements performed at high intensity, often combining weightlifting, gymnastics, and metabolic conditioning<sup>[8][10]</sup>.



- o However, if you integrate group classes, mobility, martial arts, and triathlon, you are moving toward a CrossFit-like philosophy of broad, inclusive fitness—though not strictly CrossFit.

## Summary Table

Category	Present in Your Routine?	Notes
Aerobics	Partial	Only if group/dance classes are aerobic; otherwise, not primary focus
Physical Fitness	Yes	Mobility, core, martial arts, bodybuilding, triathlon all contribute
Conditioning	Yes	Especially with triathlon, mobility, and martial arts
CrossFit	No (not strictly)	Lacks CrossFit's signature structure and programming

## Conclusion

Your routine is **primarily bodybuilding and physical fitness/conditioning**, with possible aerobic elements depending on your group class activities. It is not CrossFit, but you are moving toward a broad, inclusive fitness approach that shares some CrossFit principles if you continue to diversify your training<sup>[7][8][10]</sup>.

✱

# BODYBUILDING & PHYSICALFITNESS MARTIAL-VARTS&PHYSICALFITNESS

DRAGONKENPO \MUSULCAROLYN-WUSHUSELENA/KARATEACADEMY

Here's a breakdown and analysis of your query and how it relates to the concepts of bodybuilding, physical fitness, martial arts, and specifically Dragon Kenpo:

## Bodybuilding & Physical Fitness

- **Bodybuilding:** Focuses on muscle hypertrophy (size), aesthetics, and symmetry through resistance training, high-volume sets, and isolation exercises<sup>[11][12]</sup>.
- **Physical Fitness:** Encompasses overall health, endurance, strength, flexibility, and body composition. Your routine already includes elements of both bodybuilding and general fitness, especially when you add mobility work, martial arts, and conditioning.

**Martial Arts & Physical Fitness**

- **Martial Arts (e.g., Karate, Wushu, Kenpo):** These disciplines improve physical fitness by enhancing strength, agility, coordination, flexibility, and cardiovascular health. They also develop self-defense skills, mental discipline, and confidence<sup>[13][14]</sup>.
- **Dragon Kenpo:**
  - Dragon Kenpo is a streamlined, easy-to-learn martial art that blends American Kenpo Karate, boxing, and modern self-defense techniques. It emphasizes simple, natural movements, adaptability, and quick learning<sup>[15][16][17]</sup>.
  - The system focuses on coordination, balance, and adaptability, making it accessible to everyone regardless of prior experience<sup>[15]</sup>.
  - Training in Dragon Kenpo complements physical fitness by improving reaction time, explosive power, and overall athleticism.

**Integration in Your Routine**

- **Your Routine:**
  - You combine bodybuilding, general physical fitness, and martial arts (Karate, Wushu, Kenpo).
  - The inclusion of “DRAGONKENPO \MUSULCAROLYN-WUSHUSELENA/KARATEACADEMY” suggests you are blending different martial arts styles or classes into your training.
  - This hybrid approach covers strength, endurance, flexibility, and martial skills, making for a well-rounded fitness regimen.

**Summary Table**

Component	Description/Contribution to Your Routine
-----------	--

Bodybuilding	Muscle size, aesthetics, strength
Physical Fitness	Overall health, endurance, flexibility, conditioning
Martial Arts	Self-defense, agility, coordination, mental discipline
Dragon Kenpo	Streamlined, adaptable, quick-to-learn martial art
Karate/Wushu	Traditional martial arts, discipline, athleticism

## Conclusion

Your approach—combining bodybuilding, general physical fitness, and a variety of martial arts including Dragon Kenpo, Karate, and Wushu—creates a comprehensive fitness and self-defense program. This mix supports muscle growth, overall health, and practical martial skills, making it an effective and well-rounded regimen<sup>[15][13][11]</sup>.

\*  
\*\*

1. sports.fitness
2. sports.strength\_training
3. sports.fitness\_coaches
4. sports.strength\_training
5. sports.fitness
6. <https://siliciumg5.com/blog/en/crossfit-aerobic-benefits/>
7. <https://adamascrossfit.com/the-ultimate-guide-to-crossfit-conditioning/>
8. <https://www.tos-fitness.co.uk/post/strength-and-conditioning-vs-crossfit>
9. <https://www.crossfit.com/essentials/crossfit-interference-effect>
10. <https://www.crossfitbesomeone.com/blog/how-is-crossfit-different-from-other-types-of-fitness-programs>
11. sports.strength\_training
12. sports.fitness

13. <https://www.triangledojo.com/blog/what-is-kenpo-martial-arts/>
14. [https://en.wikipedia.org/wiki/American\\_Kenpo](https://en.wikipedia.org/wiki/American_Kenpo)
15. <https://www.kenpokarate.se/en/dragon-kenpo-karate/>
16. <https://www.shaolindragonkenpo.ca/home>
17. <https://independentmartialartsfederation.com/chinese-dragon-kempo/>